

The Coast League Rules

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Authorizing Mack Academy and its affiliates and agents to take photographs or produce videotapes, audiotapes, electronic files, or other types of media productions that capture my name, voice and/or image, to be released to members of the media, or to be used by Mack Academy for the purpose of:

- News media (online, print and/or broadcast)
- Websites and social media
- Publications and/or promotional materials
- Medical and/or educational training
- Closed circuit television programs
- Any other lawful purpose
- Advertisements

The information to be disclosed includes:

- Photographic images of me
- Video or audio of me and/or my voice

(a) Permission to interview, film, photograph, tape, or otherwise make a video reproduction of me and/or record my voice;

(b) Permission to use my name; and

(c) Permission to use quotes from the interview(s) (or excerpts of such quotes), the film, photograph(s), tape(s) or reproduction(s) of me, and/or recording of my voice, in part or in whole, in its publications, in newspapers, magazines and other print media, on television, radio and electronic media (including the Internet), in theatrical media and/or in mailings for educational and awareness.

THE COAST LEAGUE GAME RULES

Roster & Registration Requirements

Roster: Each player on the team must be registered online. Online rosters will reflect what is considered official with the league. It is the coach's responsibility to make sure that his roster is accurate.

Registration: Each player must provide the following to complete registration:

Player Participation: A player may only play on one team.

Forfeit: The game will be forfeited if a team is not ready to play after 5 minutes. A Technical foul will be awarded for each minute late.

Addition to forfeit rule include:

- A team must have 4 players to start a game.
- Players must play in one game to participate in playoffs.
- Only NBA players may participate in the playoffs without playing in a game.
- 31 Point Deficit – A team must pay a \$50 penalty to stay in the league or the team will be removed from the league.

Score/Timekeepers: The league will provide Official Score/Timekeepers and Statistician. A team's Statistician and/or Scorer are not permitted to sit at the official scorer's table. Coaches can approach the score table during a time-out, between quarters or at half-time. Players are not allowed to approach the score table.

Length of Games:

- 10-minute quarters, 1 minute between quarters and a 3-minute half time
- A running clock will be used. The referee, a time out or a technical foul can only stop the clock. The following exception will apply; a regulation clock will be used the last minute of every quarter.
- Maximum pre-game warm-up 6 minutes (subject to change). League officials have the discretion to shorten each period in order to maintain the time schedule.

NBA Foul Rules:

- 6 Team Fouls per quarter team is awarded two free throws.
- 10 Team Fouls team is awarded two free throws and possession of the ball.
- The bonus rule supersedes the normal rules for defensive fouls on shot attempts.

Start of Game:

- A game can start with a minimum of four players.
- A technical foul will be awarded for every minute a team is late during the 5-minute clock.

Time-outs:

- Each team is given 4 time-outs per game (2 – Full and 2 – 30 seconds). Time-outs do not carry over to overtime.

Overtime:

- First overtime 2 minutes, second overtime 1st to score wins game.
- Each team is given 1–30 second time out for overtime. (Time outs do not carry over from regulation)

Additional Rules:

- 1st Delay of game warning \$20 – payable Cash, Cash App, Venmo, Zelle
- 2nd Delay of game warning \$20 – payable Cash, Cash App, Venmo, Zelle
- Technical Foul \$20 – payable Cash, Cash App, Venmo, Zelle

NOTE: Fee must be paid within 1 minute before game can resume play.

Coaches Responsibility:

- Supply your own basketballs for warm up. (The league will not provide warm up basketballs.)
- Arrive 30 minutes prior to game
- Questions about score always speak to the referee.
- Players legal name must be listed in score book and on the roster
- Players must play in one regular season game to participate in the playoffs. Exception: NBA players
- After the game, please have team quickly gather their belongings, clear all items (clothing, trash) and move behind the benches to the designated area.
- Team will exit through different doors than the entrance.
- Extra seating will be available for dressing.

Rules at a Glance

1. **Game Time:** is start time (5 minutes will be placed on the clock once clock expires the game is a forfeit). Game can start with four players.
2. **Length of Games:** 10-minute quarters, 1 minute between quarters and a 3-minute half time. A running clock will be used. The following exception will apply; a regulation clock will be used the last minute of every quarter.
3. **Maximum pre-game warm-up** 6 minutes (subject to change). League officials have the discretion to shorten each period in order to maintain the time schedule.
4. **Score/Timekeepers:** will be provided by the league.
5. **Time-outs:** Each team is given 4 time-outs per game (2 – Full and 2 – 30 seconds). Time-outs do not carry over to overtime.
6. **Overtime:** First overtime 2 minutes, second overtime 1st to score wins game. Each team is given 1–30 second time out for overtime. (Time outs do not carry over from regulation).
7. **NBA Foul Rules:** Team Fouls per quarter team is awarded two free throws. Team Fouls team is awarded two free throws and possession of the ball. The bonus rule supersedes the normal rules for defensive fouls on shot attempts.